

FOOTBALL GUIDELINES

www.stcharlesgov.net/recreation

1. All players are expected to play within the boundaries of their Booster Club.
2. The cut-off date will be August 1st. (Age attained prior to August 1st)
3. Age and weight limitations:

5-6	Year olds	80 lbs	(5-6 can weigh a max of 110)
7-8	Year olds	100 lbs	(7-8 can weigh a max of 130)
9-10	Year Olds	120 lbs	(9-10 can weigh a max of 150)
11-12	Year Olds	140 lbs	(11-12 can weigh a max of 170)

Please Note: Any player **over the weight limit** for their age group is not allowed to play on special teams and must play on the offensive and/or defensive line only. If a parent does not want their child to play on the line, the parents have the right to let their child play up an age group or if there is no team in their age group for that particular booster club.

4. All players must have a copy of their birth certificate on file with the Recreation Department.
5. All players must be in a team picture in order to be allowed to participate in game.
6. All players must be registered to participate in football.
7. All players must be weighed prior to the 1st game (Max. allowance of one (1) weigh in).

CONDUCT

1. All coaches, players, parents, and fans are expected to conduct themselves in a respectable manner. Coaches should instill attitude and team sportsmanship.
2. Ridicule of “razz” or profanity by coaches or members of the team made towards officials, opposing team will not be tolerated.
3. There will be no use of alcoholic or tobacco products at any time, on or off the field.
4. Cheating or gross misbehavior will lead to the termination of coaching for Recreation Department for a period of two (2) years (this includes players, coaches and spectators).
5. Any player or coach removed from the game for unsportsmanlike conduct will be suspended from the teams’ next game (Forfeits do not count as a game played). The second penalty on the same coach during any other game will result in the termination of the coach for the remainder of the season.

EQUIPMENT

1. The Recreation Department will provide safety equipment for all players. This will include: helmets (no paint allowed on helmets), chin straps, pads for pants, shoulder pads with protective straps, football and kicking tees.
2. Your Booster Club will provide your uniform that is included in your registration fee.
3. Players must provide their own cleats (metal cleats not allowed), socks, mouthpieces, and protective cups.
4. All players must wear complete protective uniforms in order to be allowed on the field.
5. The Recreation will be responsible of the marking and lining of the field prior to play.
6. Coaches will be held accountable for team equipment not turned in at end of season.

MISCELLANEOUS RULES

1. Team roster along with the team picture will be presented to field attendant prior to each game. All players must be in numerical order and easily seen in team picture for team check-in.
2. There will be no maximum number of players allowed on roster and players may not be added to roster after 1st game. Exception: Players that move into the parish after the 1st game will be allowed to be added to the roster, but no later than half the season left.
3. Coaches are allowed to coach outside of their booster club boundaries; however their children will not be allowed to participate outside of the boundaries.
4. Only four (4) coaches per team will be allowed on the sidelines with proper team passes.
5. Only the Recreation Department has the authority to re-schedule a game or postpone a game.
6. Under no circumstances will a team be allowed to compete against an out of parish team without the approval of the Recreation Department.
7. Any team that forfeits two consecutive games will be dropped from the league.
8. All game protests must be completed and turned within twenty-four (24) hours of game.

GAME RULES

1. All players must play a minimum of one (1) full quarter.
2. Players may be benched for disciplinary reason or missed practice.
3. The head referee has the authority to remove players from the game for continuous flagrant violations that threaten the safety of players and will not be allowed to participate in the next game. A written appeal must be submitted to the Recreation Department no later than 48 hours for consideration in the removal of the suspension.
4. A coach may not take their team from the field during the game. **PENALTY**: Possible dismissal of coach and forfeiture of game. This coach will automatically be suspended for a minimum of one (1) year from coaching in St. Charles Parish.
5. League games will be played on Saturdays with the exception deemed necessary. Some games may be played during the week.
6. There will be a fifteen (15) minute grace period for the first game of the day only. Team must be ready to play and on the field by the end of the grace period.
7. A five (5) yard PENALTY will be issued if players on field do not have their mouthpieces.
8. Off-sides will be enforced at the time of the infraction.
9. The receiving team will line up on their 35-yard line for the 9-10 and 11-12 year olds. There will be three (3) time-outs per half for all ages with ten (10) minutes allowed for half-time.
10. The receiving team will line up on their 20-yard line for the 5-6 and 7-8 year olds. The 5-6 & 7-8 year olds will have a free punt. It must be requested from the referee. If the offensive team elects to take the FREE PUNT with the 20-yard placement, the ball cannot be placed inside the defensive team's 20-yard line at any time regardless of the spot of the ball. This rule only applies in free punt situations. There will be ten (10) minutes allowed for half-time. Only one (1) coach will be allowed on the field with the 5-6 & 7-8 year olds and that coach cannot "coach" after the offense is set (result 5-yard PENALTY).
11. All major penalties will be 10 yards and all minor penalties will be 5 yards.

12. **Minutes per quarters/Playing Field:**

5-6 & 7-8 yr olds	(10 min. run time)	Huddle: 30 seconds	Playing Field: 60/50 & 80/50
9-10 & 11-12 yr olds	(12 min. run time)	Huddle: 25 seconds	Playing Field: 100/50

(The clock will stop inside two minutes of the 2nd & 4th Quarter)

13. **The Interior Line:** One (1) foot for guards and tackles – Must have seven (7) on the line of scrimmage.
14. **Defense Rule:** 5-6 & 7-8 yr olds - Heads Up ---6-2-3 only (six (6) on line, five (5) at least five (5) yards deep. Linebackers cannot come on the inside of the defensive guards and cannot shoot the gap until the ball is snapped. No restrictions on linebacker's distance outside of the tackle. No restriction inside the ten (10) yard line.

Defense Rule: 9-10 yr olds - Any defense may be used with the exception of -----
No players are allowed from the inside eye of the guards and five (5) yards off the line of scrimmage prior to the snap. No restriction inside the ten (10) yard line.

Defense Rule: 11-12 yr olds - There are no restrictions.
15. **In the event of a tie game:** The winner of the flip will get to choose offense or defense. The ball will then be place on the ten (10) yard line and the offensive team will have four (4) downs to score. If the offensive team should score, the ball will then be turned over to the defensive team to allow them four (4) downs to score. If the score remains scoreless, each team will have another four (4) downs each to try to score to end the game. There will be a maximum of three offensive series per team.
16. **Extra points for all age groups:** Extra point: Ball will be placed on the three (3) yard line
Two points: Ball will be placed on the five (5) yard line
Field Goal: No Field Goal attempts will be allowed.
17. Coaches and players on the sidelines must stay inside the 25-yard line. Failure to do so will result in a 5-yard PENALTY. **No video or still cameras will be allowed on the sidelines or in the press box while the game is in progress.**
18. Play-offs will be determined by seeding and the number of teams participating in the age group.
19. At the end of the season, we will hold a "Bowl Day" that will consist of the top two teams in each age group. We will also have a "Cheer –Off Competition" with all cheerleaders invited.
20. If you should have any questions or concerns, please feel free to contact the Parks and Recreation Department at 985-783-5090.